

SENIOR SPARKS

Mansfield Senior Center Newsletter

~ NOVEMBER 2014 ~

Give Thanks!

Join us this month as we remember & and reflect on everyone & everything we're so very thankful for!



Annual Veterans Day Tribute and Luncheon

The event will begin with at 10:00am with a social hour, followed by the ceremony at 11:00am. We cordially invite you to stay after the ceremony for a luncheon provided with the support of local business owners. Our intent is to honor Veterans of all wars in a manner that requires only their presence, and we sincerely hope that you'll join us for this special event! Please register at the reception desk by October 31st.

Monday, November 10th at the Mansfield Community Center

Join us for our Thanksgiving "Third Wednesday" on November 19th!

Sponsored by the MSCA, we'll enjoy a traditional Thanksgiving Dinner with all the fixings! After the meal, we'll treat our ears to the music of The Diminutive Duo. Jane Frogley and John Bova make up this fantastic duo ~ Jane plays the piano and sings old-time Broadway favorites, and John is a veteran trumpeter of big bands, orchestras and Broadway. Together, they will take us on a musical trip down memory lane! Please invite your friends and join us for this festive party!

The cost for the meal is \$5.00/person

Please register & pay at the reception desk by November 10th



Thankful Gathering

Join us for this wonderful opportunity to sit and share with friends! Bring along your favorite works of poetry, writing & art, your memories of Thanksgivings past and your open heart to welcome in the holiday season together. Light hors d'oeuvres will be served. Please register at the reception desk by November 21st.

Wednesday, November 26th at 10:00am

Mansfield Senior & Wellness Center
303 Maple Road, Mansfield, CT 06268 Tel: 860-429-0262 Fax: 860-429-3208
www.SeniorCntr@mansfieldct.org



MANSFIELD SENIOR & WELLNESS CENTER

**HOURS: MONDAY TO FRIDAY
8:30 AM TO 4:30 PM**

TEL: 860-429-0262

FAX: 860-429-3208

E-MAIL: SENIORCNTR@MANSFIELDC.T.ORG

TOWN WEBSITE: WWW.MANSFIELDC.T.ORG

SENIOR CENTER SUPERVISOR:

**CINDY DANTON
860-487-9872**

PROGRAM COORDINATOR:

**SARAH TAYLOR
860-487-9874**

VOLUNTEER TRANSPORTATION MANAGER:

**GIANNA STEBBINS
860-487-9877**

RECEPTIONIST:

**KATHY YAFFEE
860-487-9870**

SITE SERVER:

**SHARON CARON
860-487-9876**

ADULT SERVICES SOCIAL WORKER:

**KATHY ANN EASLEY
860-487-9873**

OUTREACH WORKER:

**CAROLYN MCAULIFFE
860-487-9875**

A NOTE FROM CINDY DANTON, SENIOR CENTER SUPERVISOR

"GRATITUDE IS THE SIGN OF NOBLE SOULS." AESOP

The Mansfield Senior & Wellness Center is the host to the noblest of souls. I would like to express my deepest thanks to the staff, volunteers, and participants at the center who assist in carrying out the programs at the senior center. It would not all be possible without everyone's hard work. At this time of year when we are looking at all we have to be thankful for -- THANK YOU ALL SO MUCH!

Fall has brought a flurry of activity at the senior center and now we are in full force. The senior center has a myriad of activities taking place each week -- new activities, special events and regular programming. I cannot emphasize enough that you really need to read through the entire newsletter so that nothing is missed. There are also updates on the bulletin board at the senior center.

Open enrollment for Medicare Part D is taking place from October 15th until December 7th. Four considerations to keep in mind when making choices include: cost, coverage, convenience, and customer service. If you need assistance with making any Medicare decisions, please contact Kathy Ann Easley or Carol McAuliffe for assistance.

"Less is more"—I believe that is the saying. I will end this note here. Please feel free to stop by and say hello!



THANK YOU, THANK YOU, THANK YOU



**TO ALL THE SENIORS WHO HELPED
PRODUCE, EDIT, COLLATE AND MAIL
THE OCTOBER SPARKS!**

**Estelle Elliott
Rita Braswell
Jean Ann Kenny
Alice Jansen
Dick Sallee
Carol Higgins**

**June Curtis
Lida Bilokur
Sue Kwastel
Kay Warren
Mike Beschler**

**AND TO KATHY RULE FOR HER EXPERTISE AND
HELP AT THIS YEAR'S FLU CLINIC!**

**AND TO BEV GOTCH FOR DISPLAYING HER
FABULOUS COLLECTION OF GNOMES
IN OUR LOBBY!**

**SPARKS CAN ALWAYS BE FOUND ONLINE AT:
WWW.MANSFIELDC.T.GOV/FILESTORAGE/1904/2767/201409_SPARKS.PDF**

MANSFIELD SENIOR CENTER ASSOCIATION, INC.
Greetings from Estelle Elliott, MSCA President

Friends,

There are always so many things going on that it becomes fun choosing which one I should talk about. This month we have our Thanksgiving Dinner with all the trimmings! It will be a catered meal with the Diminutive Duo providing the entertainment after lunch. This duo has been here before and they are very good.

I'm pleased to say that we have several fundraisers going on and coming up. We're selling MSCA T-shirts & Cookbooks, as well as holding a bazaar in December. Please consider supporting us by purchasing one of our great products or volunteering to help. Our fundraisers help us out so that in turn we can do our part contributing to the upkeep of the Center.

Estelle

**THE MSCA IS SELLING
T-SHIRTS & SWEATSHIRTS!**

T-shirts are available in both navy and maroon in sizes small through 3x. Short-sleeved and long-sleeved polos, a crewneck sweatshirt and a cozy zippered sweatshirt (hoodless) are available by order.

Please stop by the reception desk to see the different varieties and pick up your order form!



HOT OFF THE PRESSES!

**THE MSCA COOKBOOK
DINERS' DELIGHTS
ARE IN!**

THE COOKBOOKS ARE \$10/EACH
AND WILL MAKE WONDERFUL GIFTS!
BUY YOURS AT THE RECEPTION DESK TODAY!



THE MSCA IS SPONSORING A
HOLIDAY BAZAAR
 SATURDAY, DECEMBER 6TH
 FROM 9AM-1PM

We're collecting gently used items for our White Elephant table and appreciate anything you can donate. Please drop items off on Tuesdays between 9:00am-4:00pm. If Tuesdays don't work for you, call Estelle or Kathy at 860-429-0262, ext. 5 and we'll be happy to work out an alternate day & time.

Please also consider baking for the Bazaar!
 We need cookies, brownies, scones, pies, cakes and more! Please bring individually wrapped items in ready for sale!

Thank you for your help and support!
We're looking forward to a great Bazaar!



**MANSFIELD SENIOR CENTER
EXECUTIVE BOARD MEMBERS**

President: Estelle Elliott
Vice President: Jean Ann Kenny
Immediate Past President: Rita Braswell
Secretary: Bev Gotch
Finance Officer: vacancy
Treasurer: Mike Beschler
Assistant Treasurer & Subscription Manager: Kathy Rule
Member at Large: Sam Gordon
Computer Committee Chair: Rotating
Program Committee Chair: Joan Terry
Sparks Committee Chair: Rita Braswell
Travel Committee Chair: Kay Warren

To reach the Association President,
 please call 860-429-0262, ext. 5.

**MSCA Executive Board & Association
Meeting Schedule**

Executive Board	November 12th at 1:00pm
Association Mtg	December 10th at 12:45pm
Executive Board	December 10th at 1:30pm

Fitness & Healthy Living

Walking DVD

Do you have 40 minutes to devote to your health?

That's all it takes to walk two miles with our morning walking group!

Mondays 9:00-9:40am
Wednesdays 9:00-9:40am
Fridays 9:00-9:40am

There is no need to pre-register and no fee for this class.



Strength & Stability

This is a cardio and toning class that utilizes weights, bands and stability discs. The class is designed to work your body at whatever level you're comfortable.

Tuesdays & Thursdays 8:30-9:30am
\$5.00R/\$6.00NR per class
This class will be billed monthly based on attendance.



Fundamentals of Tap

This is a tap dancing class for beginners or those that need a refresher from previous lessons. The class will focus on steps and footwork. Pre-registration is required.

Wednesdays 1:00-2:00pm
4 Classes—\$20.00R/\$24.00NR



Senior Aerobics

This high energy class provides a complete cardio workout with a combination of standing exercises and mat work. Pre-registration is required.

Mondays at 9:00-10:00am
4 Classes—\$20.00R/\$24.00NR

Thursdays 3:15-4:15pm
3 Classes—\$15.00R/\$18.00NR



*** NEW ***

Tai Chi Cooperative Group

Join us for an opportunity to practice Tai Chi in this cooperative, self-led group! We plan to practice various forms and routines with the help of DVDs and cooperative learning. All levels welcome.

Wednesdays 10:00-11:00am
There is no need to pre-register and no fee for this class.

Power of Aging

This weight bearing exercise program is designed for those who want to improve their muscle power, strength, balance and endurance. Class begins with a warm-up and continues with a variety of exercises designed to increase muscular strength, range of movement, flexibility, balance and core strength.

Tuesdays 11:00am-12:00pm
Thursdays 12:30-1:30pm
\$5.00R/\$6.00NR per class
This class will be billed monthly based on attendance.

*** NEW ***

Gentle Yoga

Experience the many health benefits of this gentle restorative practice, including improved strength, flexibility, range of motion & relaxation. This class is open to students of all levels, and no previous yoga experience is required. Students with chronic conditions, injuries or arthritis will also benefit from this class. Pre-registration is required.

Wednesdays 11:00am-12:00pm
3 Classes—\$15.00R/\$18.00NR
****Free 1st Class on Nov 5th****

Sit & Get Fit

Sit & Get Fit is a seated exercise class that combines stretching, resistance, chair aerobics and strength building movements to increase flexibility, range of motion and body awareness. Pre-registration is required.

Fridays 10:30-11:30am
3 Classes—\$15.00R/\$18.00NR



S Sparkettes Class

This class is for those tap dancers who have previous experience and are interested in performing at a variety of local settings. The class will focus on footwork, precision, speed and performance skills. Pre-registration is required.

Mondays 10:15-11:45am
4 Classes—\$30.00R/36.00NR

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*** PRICES LISTED ARE FOR THE MONTH OF NOVEMBER ***

*** PLEASE REGISTER AT THE SENIOR CENTER OR CALL KATHY YAFFEE FOR MORE INFORMATION ***

CREATIVE ARTS

Wood Carving

Try your hand at this ancient art with members of the Mystic Carvers Club! There is no fee for this class, and beginners do not need to bring any supplies—come try it out first; the group leaders will then recommend beginner tools and local suppliers. For more information visit www.mysticcarvers.com.

Wednesdays at 9:30am

Quilting with Pat

This session will feature “Projects of Your Choice.” Use this time to begin new projects or complete projects that need a finishing touch. This is a great opportunity to get some holiday gift items made. Whether it’s a project that has you stumped, a quilt that just needs a border or a new project that needs a jump start, bring it in and get some encouragement and class motivations with Pat Ferguson as your “Quilting Coach.” Pre-registration is required.

Thursdays from 10:00am-12:30pm

New Session: 10/30, 11/13, 12/4, 12/11 & 12/18

\$30.00R/\$35.00NR

All-day Quilting Retreat with Pat

Quilt all day on projects of your choice with Pat Ferguson as your “Quilting Coach.” For more information, call Pat at 860-429-6999.

Pre-registration is required.

Monday, November 17th from 10am-4pm

\$30.00R/\$35.00NR

Jewelry

If you’ve passed by the Craft Room on a Thursday afternoon, you’ve probably heard laughter and chatter as the “beaders” create beautiful necklaces, earrings, bracelets and more! New members are always welcome!

Thursdays at 1:00pm

Knitting & Crocheting

Come enjoy an opportunity to knit or crochet with friends!

Fridays at 10:00am

Art Studio

Our expansive craft room is available for you to come in and work independently on your own project...with the company of some great artists!

Fridays at 1:00pm

WELLNESS PROGRAMS



SHINGLES & PNEUMONIA CLINIC

Thursday, November 20th

9:00-11:00am

Provided by Price Chopper Pharmacy

Please register with Kathy Yaffee

by November 13th and remember

to bring your insurance card!

Herrmman Blood Pressure Clinic

The Herrmman Blood Pressure Clinic is available to those 55 years of age and older on a first-come first-served basis. There is no cost and no pre-registration required.

November 5th from 11:30am-12:00pm

Reiki

Reiki Master Teacher Bette Giordano offers this stress reduction and relaxation therapy for Seniors. The cost for a one-hour session is \$30.00.

November 6th from 9:00-11:00am

Mini Spa

Treat yourself! Manicures, Pedicures and Haircuts available at a reduced cost for Seniors. Please call Kathy Yaffee to make an appointment.

November 10th from 9:00am-12:00pm

Podiatrist

Dr. Walter provides complete foot care & podiatric evaluations. Medicare will be billed if you are eligible, so please bring your insurance card.

November 4th & 25th from 9:00am-12:00pm

VNA East Adult Health Screenings

Blood Pressure, Cholesterol, Blood Glucose, Foot Care and Ear Flushing for a nominal fee.

December 3rd from 1:00-3:00pm

Please call Kathy Yaffee at 860-487-9870

for more information or to make your appointment.

NEW IN NOVEMBER

~ The Art of Elderhood ~

How do we become true elders?

Not 'olders' fading into invisibility, with a litany of aches and operations, but a vital and respected part of the network of families and others that surround us.

Helen Armstrong and Judy Hyde, among other roles they play in their seventies, are staff elders in the Art of Mentoring community. For eight years they have been learning the ropes of effective elderhood as an important aspect of our cultural repair.

They invite you to attend this free four-part workshop. It will focus on moving into elderhood as the crowning time of life—despite diminishing energies. Through interactive methods, we will learn practices that earn admiration, attention and affection and give us a sense of belonging to this time-honored role.

Mondays 3:15-4:15 in the Wellness Center

Nov 3rd: What are elders? Who was an elder for you in your childhood?

Nov 10th: Overcoming internal and external challenges to becoming an elder.

Nov 17th: What are the contributions you can make? Naming your gifts.

Nov 24th: Promoting true conversations in families; identifying and reinforcing the gifts of teenagers and twenty-somethings.



From Wheeze to Breeze

Join us for this informative & interactive presentation on living with Asthma!

Presented by students from the UConn Medical, Nursing & Pharmacy Schools, this interdisciplinary seminar will focus on preventing and avoiding triggers, using inhalers properly and taking care of oneself or a loved one who has asthma.

**Tuesday, November 18th
11:00am-12:00pm**

creative Stamping

MAKE YOUR OWN HOLIDAY CARDS,
STATIONARY, BOOKMARKS AND MORE!

STAMPS, INK, CARD STOCK
& PAPER WILL BE SUPPLIED.

PLEASE REGISTER
WITH KATHY YAFFEE.
\$2.00/CLASS

TUESDAY, NOVEMBER 25TH &
TUESDAY, DECEMBER 2ND

YOGA IS BACK!

**We're thrilled to Introduce
our new Yoga Instructor
Bill Goodale!**

Bill has been practicing yoga for 12 years. He became more serious about yoga after severing his Achilles tendon and needing to increase his flexibility and strength. About the same time, Bill was introduced to Reiki.

Realizing the importance of each, he decided to deepen his practice and become a Yoga instructor and Reiki practitioner. Yoga has, in fact, increased Bill's strength and flexibility, but he also believes that it has brought a greater sense of calm to his life. His mantra is ***Breathe, Relax, Feel, Watch and Allow.***

For an opportunity to meet Bill and try his class, please join us for a free class on Wednesday, November 5th at 11:00am.

Regular Classes will begin the following week. Please see the Fitness page for more information.



KEEP

CALM

AND

DO

YOGA

GROUPS & CLUBS

Genealogy Group

Led by Helen Collins, this group meets to share their progress in searching for their ancestors. Helen keeps the group updated with new web sites and information, and plans trips to libraries and other facilities where members can research their genealogy. All levels of expertise are welcome! Just beginning? The group will give you suggestions to get you started! This month, they'll meet on
Monday, November 10th at 10:00am.

Book Club

Bring along your love of reading to this literary group! This group meets on the **2nd & 4th Wednesday of each month at 2:00pm.**

Conversations with Betty

Everyone is welcome to join us for this friendly, lively discussion group! For more information, please call Betty at 860-429-6324. This group meets on the **1st Thursday of each month at 11:00am.**

Photo Club

This group meets on the **1st & 3rd Friday of each month at 10:00am.** Please call Dan Gebben at (860) 576-1122 for more information.

Chorus

If you like to sing, come and join us! You don't have to be an accomplished singer - there will be music to satisfy both the novice and experienced. We perform at local nursing homes, senior housing and rehabilitation facilities. For more information, contact Stu Sidney at (860) 429-7271. **Mondays from 1:30-3:00pm**

Writing Group

Come tell your secrets with pad and pen, discuss your life from way back when. A good friend found, now in the "loop," come and join our writing group! We hope to see you there!
Wednesdays at 10:00am.

Causeries en Français

Parlez-vous Français? Bring along a bag lunch and join us or an hour of great conversation en français!
Wednesdays at 12:00pm

AFTERNOON AT THE MOVIES

Take a journey around the world with *Eat, Pray, Love!*

This is the inspiring story of one woman's quest to rediscover herself while traveling to Italy, India and Bali. Of course, popcorn will be provided!

~ Friday, November 7th at 1:00pm ~

~ CARDS & GAMES ~

WII BOWLING

**TUESDAYS AT 10:00AM
THURSDAYS AT 10:00AM
THURSDAYS AT 2:30PM**

BRIDGE

THURSDAYS AT 1:00PM

DUPLICATE BRIDGE

**3RD FRIDAY AT 1:00PM
(11/21, 12/19)**

SCRABBLE

**TUESDAYS AT 10:00AM
FRIDAYS AT 10:00AM**

MAHJONGG

MONDAYS AT 1:00PM

BINGO

TUESDAYS AT 1:00PM

Wii Bowling League!



The Mansfield Senior Center Wii

Bowlers are hitting the road! Once a month, we'll travel to or host a different Senior Center for some friendly competition and a chance to meet new friends. 🥳 The league will run from October to April with an end of the season tournament in May. We're still looking for a few folks to round out our roster, so if you'd like to join this fun bunch, please call Sarah at 860-487-9874. No previous play necessary!

DAY TRIPS

Day Trips fill up quickly, so make sure you call the Senior Center to register early!

Gem & Jewelry Show in Marlborough, MA.

Van will depart Center at 10:30am and return at 4:00pm. Admission is free.

Friday, November 7th

Registration deadline is November 4th

Lunch at the "Steaming Tender" in Palmer, MA.

The Steaming Tender Restaurant is situated in a 19th century Romanesque style train station and offers a vast menu selection (copy at front desk). Train passes by building each afternoon! Van will depart Center at 11:00am and return at 3:30pm.

Thursday, November 13th

Registration deadline is November 10th

Cost: Lunch on your own

New England Carousel & Lunch in Bristol, CT.

Come and see the amazing carousel memorabilia at this one of a kind museum and enjoy a carousel ride, too! Van will depart Center 10:30am and return at approximately 2:30pm.

Friday, November 21st

Registration deadline is November 14th.

Cost: \$15.50 (includes lunch)



Upcoming December Trips



Tour the Governor's Holiday Mansion
on Friday, December 5th!

Enjoy the Sturbridge Holiday Show & Luncheon
on Tuesday, December 9th.

*Please see the Transportation Bulletin Board
for more details!*

DIAL-A-RIDE TRANSPORTATION

IS ALSO AVAILABLE FOR MANSFIELD RESIDENTS.
PLEASE CALL (860) 456-1462 **48 HOURS** IN ADVANCE.
THIS SERVICE IS PROVIDED BY THE WINDHAM REGIONAL
TRANSPORTATION DISTRICT.

**Please extend a warm welcome to our
newest Senior Center Members!**



Helen Chapman
Pauline Frey
Frederick Frey



- 1 Elizabeth Lan, Robert Lester, Robert Homans
- 3 Kay Warren, Donald DeBella
- 5 Karin Richards, Joan Cole, Laura Sprague
- 6 Herbert Perkins, Catherine Strauch, Eileen Curron
- 7 Robert Marrotte, Richard Hobby, Mary Elizabeth Long, Katherine Richards, Raymond Chaput
- 8 Mary Hussey, Roy Campbell
- 9 Carolyn Alfand, Nelson Orringer
- 10 Donald Hoyle
- 11 Rose Morton, James Leta, David Limberger, Hazel Rubins
- 12 Linda Lee Hill, Edward Wong
- 13 Edith Taylor, Elizabeth Lacouture, Bobbie Palmer, Nell Mulkern, Stanley Bevin, Sandra Pelc
- 14 Eleanor Costello, Priscilla Bakke, Joe Chasin
- 15 Sherman Clebnik, Marilyn Smith, Judith Marcus
- 16 Edwin Hodgkins, Uenda Hicking, Eleanor Peters, Helen Armstrong
- 17 Virginia Todd, Evelyn Vegiard, Richard Warren, Roger Crossgrove
- 18 Carol Ames, Lillian Lawrence, Anita Satriano
- 19 Shirley Malinowski, Pascal Prignano
- 20 Gina Mastrangelo, Nora Stevens, Barry Juhasz, Michael Gerald
- 21 Alice Jansen, Kenneth Tremblay, Walter Carr, Linda Doubleday, Annie Raynor
- 23 Peter Rich, Linda Miles
- 24 Kendall Rhee, Linda Dos Santos, Beverly Elwood, Ravi Jain, Virginia Field, Tom Gorin, Virginia Gorin
- 25 Carole Hall, Donald Wetherell, Brenda Chase, Elaine Russo, Tina Fu
- 26 Karna Secker, Ann Smith, Evelyn Drouin
- 27 Christy Raffa, David Palmer, Susan Gill, Cheryl McClain
- 28 Scott Lehmann, Yuan-Gen Yin
- 29 Richard Long, George Campbell
- 30 Bill Coughlin, George Danks, Andrew Horila

JORGENSEN
CENTER FOR THE PERFORMING ARTS



MOSCOW STATE SYMPHONY
November 14th
8:00pm

*Please call Kathy Yaffee to add your name to the
participant list or for more information.*

TRIPS & TRAVEL



A Salute to the Armed Forces

Tuesday, November 11th

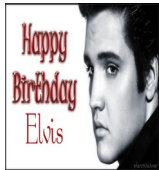
Celebrate and honor our Veterans at the Aqua Turf with a delicious family style luncheon and entertainment provided by Times Square Band and the Moxie Vocal Group. The cost for this trip is **\$77.00/person**, which includes coffee & donuts on arrival, full-course luncheon with a glass of beer or wine and an afternoon of all-American music.



A Victorian Holiday at the Williams Inn

Tuesday, December 9th

Travel back in time for a holiday celebration at the Williams Inn in Williamstown, Massachusetts! We'll be welcomed by Beefeater Guards and enjoy a one-of-a-kind Boar's Head feast. After lunch, we'll be serenaded with songs of the season, as well as tunes from the 30's, 40's & 50's. The cost for this trip is **\$86.00/person**, which includes the gourmet buffet feast, cabaret style Holiday Show and a cup of hot wassail to toast good luck, good health, and good cheer.



"Happy 80th Birthday Elvis"

Sunday, January 11, 2015 (Snow date is January 12, 2015)

Don't miss Elvis impersonator Jeff Krick performing at the Hu Ke Lau in honor of Elvis' 80th Birthday! The cost for this trip is **\$76.00/person**, which includes a fantastic lunch with a choice of Prime Rib or Baked Scrod.



Voices of the Legends in Atlantic City

February 18-20, 2015

Don't miss this spectacular 3-day trip! Package includes motor coach, 2 nights at the Taj Mahal Hotel Casino, 1 breakfast buffet, 2 buffet dinners, 1 ticket to the *Voices of the Legends* show, **\$90.00 in slot bonus**, taxes, baggage handling and driver gratuity—all for **\$190.00/person!**

NOW TAKING DEPOSITS

Enjoy a 9-day cruise to the Caribbean April 15-24, 2015. Cruise will depart from New York City pier and make stops in San Juan, St. Thomas, St. Maarten & Tortola. Price includes all meals aboard ship, entertainment, all taxes and port charges and a FREE cocktail party from the Travel Group. Please call Kay for different cabin prices. Deposit due at sign-up.



SAVE THESE DATES!

Join us for a presentation by **Collette Vacations** on **November 3rd at 1:00 pm**. We'll learn all about the upcoming 15-day trip in October 2015 to explore England, Ireland, Scotland and Wales!


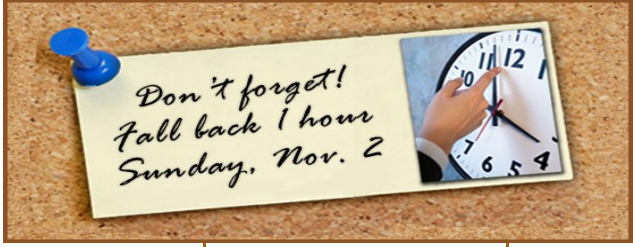


Be sure to join us for our **Travel Fair** on **November 14th at 1:00pm** at the Senior Center! Find out all about our **2015 Trips** and enjoy a fun afternoon with giveaways and light refreshments!

**To RSVP or for more information on trips & travel, please contact
Kay Warren at 860-429-0262, ext. 6.**

TVCCA SENIOR CAFE

November 2014

Lunch is served Monday through Friday for individuals aged 60 and over and their spouses. Suggested voluntary donation is \$3.00, payable the day of the meal; the price for those under 60 is \$9.97. Please remember to make your reservation at least 24 hours in advance by 10:00am!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
  				
3 SLOPPY JOE W/BUN RICE PILAF PEAS & CARROTS FRESH ORANGE	4 CHICKEN MARSALA MASHED POTATOES BROCCOLI CRANBERRY JUICE OATMEAL COOKIE	5 EGGPLANT ROLETTE PENNE W/ MARINARA ITALIAN VEG MEDLEY PINEAPPLE CUP	6 SPANISH BEEF STEW CUMIN & GARLIC ROASTED POTATOES LONG BEAN MEDLEY APPLESauce	7 PINEAPPLE GLAZED HAM MASHED SWEET POTATOES MIXED VEGGIES FRUIT COCKTAIL
10 VETERANS DAY TRIBUTE & LUNCHEON AT THE MANSFIELD COMMUNITY CENTER *NO LUNCH SERVED AT THE SENIOR CENTER*	11 CLOSED 	12 MONTIE CRISTO SANDWICH: EGG PATTY, TURKEY SAUSAGE & AMERICAN CHEESE ON FRENCH TOAST CHUCK WAGON VEG MEDLEY APPLESauce	13 BAKED COD W/ TOMATO GARLIC COMPOTE MACARONI & CHEESE STEWED TOMATOES FRUIT COCKTAIL	14 CHICKEN SAUSAGE, PEPPERS & ONIONS W/ HOT DOG BUN RICE PILAF GREEN BEANS & WAX BEANS FRESH FRUIT
17 SALISBURY STEAK BUTTERED NOODLES CAPRI VEG MEDLEY PEARS & MANDARIN ORANGE CUP	18 CHICKEN CACCIATORE SEASONED RICE ITALIAN VEG MEDLEY FRUIT COCKTAIL	19 MSCA THIRD WEDNESDAY & SPECIAL LUNCHEON \$5.00 PER PERSON PLEASE REGISTER AT FRONT DESK	20 BBQ CHICKEN LEG BAKED BEANS CHUCK WAGON VEG MEDLEY PEACH CUP	21 MEATLOAF W/ GRAVY MASHED POTATOES MIXED VEGGIES GRAPE JUICE DANISH
24 COD NEWBURG (NO SHRIMP) SEASONED RICE ITALIAN VEG MEDLEY APPLESauce	25 WESTERN OMELET ROASTED POTATOES CHUCK WAGON VEG MEDLEY FRESH FRUIT	26 BROCCOLI & CHEESE STUFFED CHICKEN BUTTERED NOODLES GRAPE JUICE CUPCAKE	27 CLOSED 28 CLOSED <div style="background-color: yellow; padding: 10px; text-align: center;"> <p><i>MAY YOUR GRATEFULNESS THIS YEAR BE CONSCIOUS, YOUR RELATIONSHIPS DEEPEDED AND THE FOOD YOU EAT THE BEST EVER! HAPPY THANKSGIVING!</i></p> </div>	

ADULT & SENIOR SERVICES AND RESOURCES

Kathy Ann Easley
Adult Services
Social Worker
860-487-9873

Carolyn McAuliffe
Outreach Worker
860-487-9875

The ACCESS Community
 Action Agency is now
 making appointments for
Energy
Assistance

Contact ACCESS at
 860-450-7400
 1315 Main Street, Suite 2,
 Willimantic, CT 06226

It is time to review your
Medicare Part D
prescription drug plan
or Part C Advantage
Plan for 2015.

Open Enrollment is
October 15th through
December 7th
 Call Carolyn McAuliffe

Dealing with Low Vi-
 sion? Join our
Low Vision Group
 for support, friendship
 and helpful tips.

November 12th from
11:00am-12:00pm

The **Renter's Rebate**
Program for 2014 ended
October 1st.

Extension requests only
 thru Dec. 15, 2014 may be
 available. Call Kathy Ann

The Social Workers are
available to assist
Mansfield residents
connect to individuals
with services and
programs that are
available within the
community.

Caring for a parent, spouse
 or disabled adult child?
 Join
 our **Caregiver's Group** for
 support and confidential
 conversation with peer
 caregivers.

November 19th from

Mobile Food Share will
 be at Wright's Village on
November 13th
11:30am-12:15pm

FoodShare
Thanksgiving Turkey
Applications available
thru November 5th.

Please call Kathy Ann
Easley for details.

OPEN ENROLLMENT FOR
 ACCESS HEALTH CT
 WILL BEGIN
 NOVEMBER 15, 2013

Looking to make a child smile this holiday season?
Please consider making a monetary donation to
The Mansfield Holiday Program!
Contact the Human Services Department
at 860-429-3315 for more information.

COMPUTERS

Computer Classes are taught
 by members of the MSCA
 Computer Council.

Participants must pre-register
 for classes at the Reception
 desk at the Senior Center
 before classes begin.

For more information on the
 Computer Council or any of
 their classes, please contact
 them at (860) 429-0262, ext. 7

Stay tuned for some terrific
 classes coming soon!

~ PC Help ~
Every Monday at 10:00am
Free computer
and/or digital camera
help is available by
Dan Gebben, one of the
Computer Council's
talented consultants.



IN ORDER TO DELIVER MORE
 EFFICIENT & EFFECTIVE SERVICES,
 OUR ELDERCARE ATTORNEY
JOELEN GATES
 IS AVAILABLE BY PHONE
 AT 860-786-6372
 OR BY APPOINTMENT
 IN HER WILLIMANTIC OFFICE.



FOR MORE INFORMATION ON
 CONNECTICUT LEGAL SERVICES,
 VISIT WWW.CTELDERLAW.ORG

~ NOVEMBER ~

MONDAY

3.
9:00 SR. AEROBICS
9:00 WALKING DVD
10:00 PC HELP
10:15 SPARKETTES
12:00 LUNCH
1:00 COLLETTE
TRAVEL FAIR
1:00 MAHJONGG
1:30 CHORUS
3:15 ELDERHOOD
DISCUSSION GRP

TUESDAY

4.
8:30 STRENGTH &
STABILITY
9:00 DR. WALTER
10:00 SCRABBLE
10:00 WII BOWLING
11:00 PWR. OF AGING
12:00 LUNCH
1:00 BINGO
2:30 COMPUTER
COMMITTEE MTG

WEDNESDAY

5.
9:00 WALKING DVD
9:30 WOOD CARVING
10:00 TAI CHI
10:00 WRITING GROUP
11:00 YOGA
11:30 HERRMMAN B/P
12:00 LUNCH
12:00 CAUSERIES
12:00 B-DAY LUNCH
1:00 PRESENTATION:
FALL PREVENTION
1:00 FUND. OF TAP

THURSDAY

6.
8:30 STRENGTH &
STABILITY
9:00 REIKI
10:00 WII BOWLING
10:15 SPARKETTES
11:00 CONVERSATIONS
WITH BETTY
12:00 LUNCH
12:30 PWR. OF AGING
1:00 BRIDGE
1:00 JEWELRY
2:30 WII BOWLING
3:15 SR. AEROBICS

FRIDAY

7.
9:00 WALKING DVD
10:00 SCRABBLE
10:00 KNITTING &
CROCHETING
10:00 PHOTO CLUB
10:30 JEWELRY SHOW
TRIP
10:30 SIT & GET FIT
11:15 BRAIN AEROBICS
12:00 LUNCH
1:00 ART STUDIO
1:00 AFTERNOON AT
THE MOVIES

10.
9:00 SR. AEROBICS
9:00 WALKING DVD
9:00 MINI SPA DAY
10:00 VETERANS DAY
TRIBUTE & LUNCHEON
(COMMUNITY CENTER)
10:00 PC HELP
10:00 GENEALOGY
10:15 SPARKETTES
1:00 MAHJONGG
1:30 CHORUS
3:15 ELDERHOOD
DISCUSSION GRP

11. VETERANS DAY



SENIOR CENTER Is CLOSED

PLEASE NOTE:
THE MS SUPPORT GROUP
WILL MEET AT THE
COMMUNITY CENTER

12. 9:00 AARP SAFE
DRIVING COURSE
9:00 WALKING DVD
9:30 WOOD CARVING
10:00 TAI CHI
10:00 WRITING GROUP
11:00 YOGA
11:00 LOW VISION
12:00 LUNCH
12:00 CAUSERIES
1:00 MSCA EXEC.
BOARD MTG.
1:00 FUND. OF TAP
2:00 BOOK CLUB
7:00 TNT QUILTERS

13.
8:30 STRENGTH &
STABILITY
10:00 WII BOWLING
10:00 QUILTING
10:15 SPARKETTES
11:00 LUNCH BUNCH
TRIP
11:30 FOOD SHARE
12:00 LUNCH
12:30 PWR. OF AGING
1:00 BRIDGE
1:00 JEWELRY
2:30 WII BOWLING
3:15 SR. AEROBICS

14.
9:00 WALKING DVD
10:00 SCRABBLE
10:00 KNITTING &
CROCHETING
10:30 SIT & GET FIT
11:15 BRAIN AEROBICS
12:00 LUNCH
1:00 TRAVEL FAIR
1:00 ART STUDIO

17.
9:00 SR. AEROBICS
9:00 WALKING DVD
9:30 COA MTG
10:00 PC HELP
10:00 QUILTING
RETREAT
10:15 SPARKETTES
12:00 LUNCH
1:00 MAHJONGG
1:30 CHORUS
3:15 ELDERHOOD
DISCUSSION GRP

18.
8:30 STRENGTH &
STABILITY
10:00 SCRABBLE
10:00 WII BOWLING
11:00 PWR. OF AGING
11:00 PRESENTATION:
FROM WHEEZE
TO BREEZE
12:00 LUNCH
1:00 BINGO
1:00 CREATIVE
STAMPING

19.
9:00 WALKING DVD
9:30 WOOD CARVING
10:00 TAI CHI
10:00 WRITING GROUP
11:00 YOGA
12:00 CAUSERIES
12:00 MSCA THIRD
WEDNESDAY
1:00 FUND. OF TAP
3:00 CAREGIVER'S
GROUP

20.
8:30 STRENGTH &
STABILITY
9:00 SHINGLES &
PNEUMONIA CLINIC
10:00 WII BOWLING
10:15 SPARKETTES
12:00 LUNCH
12:30 PWR. OF AGING
1:00 BRIDGE
1:00 JEWELRY
2:30 WII BOWLING
3:15 SR. AEROBICS

21.
9:00 WALKING DVD
10:00 SCRABBLE
10:00 PHOTO CLUB
10:00 KNITTING &
CROCHETING
10:30 CAROUSEL TRIP
10:30 SIT & GET FIT
11:15 BRAIN AEROBICS
12:00 LUNCH
1:00 ART STUDIO
1:00 DUPLICATE
BRIDGE

~ NOVEMBER ~

MONDAY

24.
9:00 SR. AEROBICS
9:00 WALKING DVD
10:00 PC HELP
10:15 SPARKETTES
11:00 PRESENTATION:
MEDICARE UPDATES
12:00 LUNCH
1:00 MAHJONGG
1:30 CHORUS
3:15 ELDERHOOD
DISCUSSION GRP

TUESDAY

25.
8:30 STRENGTH &
STABILITY
9:00 DR. WALTER
10:00 SCRABBLE
10:00 WII BOWLING
11:00 PWR. OF AGING
12:00 LUNCH
1:00 BINGO
1:00 CREATIVE
STAMPING

WEDNESDAY

26.
9:00 WALKING DVD
9:30 WOOD CARVING
10:00 TAI CHI
10:00 WRITING GROUP
10:00 THANKFUL
GATHERING
11:00 YOGA
12:00 LUNCH
12:00 CAUSERIES
1:00 FUND. OF TAP
2:00 BOOK CLUB
7:00 TNT QUILTERS

THURSDAY

27.



SENIOR CENTER
IS CLOSED

FRIDAY

28.

SENIOR CENTER
IS CLOSED

Where's Waldo?!

Find the hidden item shown below somewhere in this issue and send in the answer on the entry form to: Mansfield Senior Center/MSCA, 303 Maple Road, Storrs, CT 06268, Attn: Waldo. Mail in your answer or drop them off in the box at the Reception Desk by December 5th to qualify for the drawing. At the end of that day, we will draw one name from all of the correct entries and that person will win a free lunch at the Senior Center.

Only one entry per person, please.

Good Luck!

Hidden Item:



Hidden Item Entry Form

Name _____

Phone # _____

Correct Page & Location:

AARP DRIVER SAFETY COURSE

WEDNESDAY, NOVEMBER 12TH
9:00AM TO 1:00PM

\$15.00 for AARP members
(please bring your card)

\$20.00 for non-members

Payable to the Instructor the day of the Class
Please register with Kathy Yaffee by Nov. 10th

MEDICARE ABC's (and D)

Mark Hand
of Long View Wealth Management
will present information on the following:



- * Medicare "101"
- * Changes for 2015
- * Options for Medicare Plans
- * Medicare Supplements vs. Medicare Advantage Plans

Monday, November 24th
11:00am-12:00pm

BRING your questions – LEAVE with answers!

★ **REMINDER: THE SENIOR CENTER WILL BE**
CLOSED ON 11/11, 11/27 & 11/28 ★

****INCLEMENT WEATHER****

It's officially that time of year again!

Please remember that when Mansfield Public Schools are closed or delayed due to inclement weather, the Mansfield Senior and Wellness Center will also be closed or delayed accordingly.

Listen to WTIC (1080 AM) or WILI (1400 AM), watch Channel 3 news or call the Center at 860-429-0262 for announcements.

Please use caution
and put your own safety first!

I WANT TO BUY A *SPARKS* SUBSCRIPTION
FROM JULY 1, 2014 TO JUNE 30 2015.
(PLEASE PRINT)

NAME: _____

MAILING ADDRESS: _____

TOWN: _____ ZIP: _____

PHONE: _____

NEW SUBSCRIPTION _____ OR RENEWAL _____

BULK RATE @ \$8.00 _____ OR FIRST CLASS @ \$12.00 _____

AMOUNT ENCLOSED: _____
(CHECK MADE TO M.S.C.A.)

LEAVE AT FRONT DESK FOR KATHY RULE OR
MAIL IT TO HER AT:

MANSFIELD SENIOR & WELLNESS CENTER
303 MAPLE ROAD
STORRS MANSFIELD, CT 06268

SENIOR SPARKS

Mansfield Senior Center
303 Maple Road
Mansfield, Connecticut 06268
(860) 429-0262

POSTMASTER: DATED MATERIAL
PLEASE DELIVER PROMPTLY

CURRENT RESIDENT OR

PUT LABEL
IN THIS BLOCK